

Elizabeth Borge of Dancer For Life to be Featured on CUTV News Radio

PHILADELPHIA, PENNSYLVANIA, USA, September 23, 2016 /EINPresswire.com/ -- Certified professional life coach, nutritionist and personal trainer, Elizabeth Borge is the founder of Dancer For Life, where she combines her unique skills to offer holistic services that promote both physical and emotional wellness.

“I enjoy helping others reach their personal goals,” says Elizabeth. “It gives me great pleasure to join my clients on their individual paths toward fitness, wellness and overall happiness.”

Prior to establishing Dancer For Life, Elizabeth spent 17 years in cancer research. Surprisingly, Elizabeth says she felt she wasn’t helping people enough on that career path.

“When I was 11 years old, my grandfather died from lung cancer,” Elizabeth recalls. “As a child, I couldn’t help but think he seemed so much worse after the cancer treatment. I thought if I could become a cancer researcher, I could help find a cure or be a part of the effort to improve treatment.”



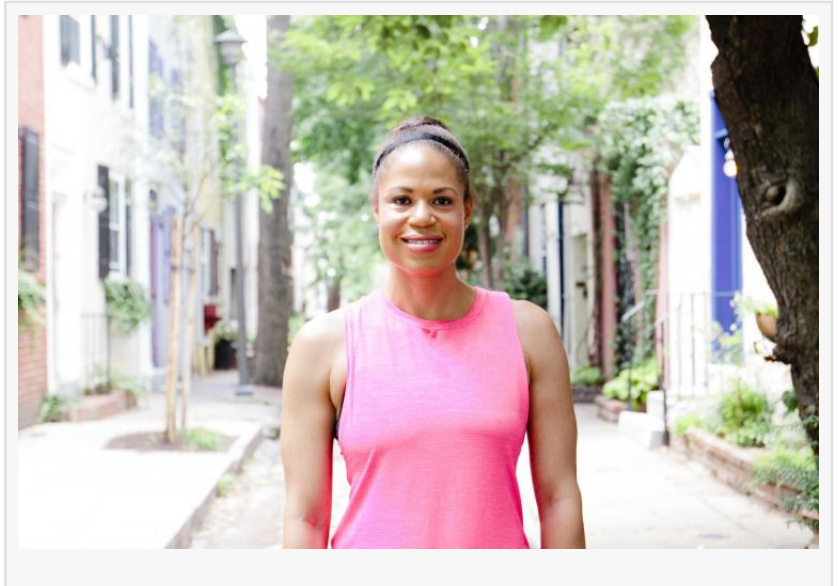
Unfortunately, more than 30 years later, nothing much had changed.

“I started questioning: ‘Is what I’m doing really serving people?’” says Elizabeth. “I realized there were aspects of my personality I was neglecting. It wasn’t getting me closer to my goals. I felt I could do so much more. I decided that I wanted to help people get healthier to prevent diseases like cancer, heart disease and diabetes.”

And so Elizabeth became a personal trainer. As she did more research, however, she realized in order to be more effective for her clients, she would need to know more about nutrition. When clients complained about stress, she pursued deeper training in yoga. Finally, Beth learned how dramatically life issues can impact a client’s ability to maintain or live a healthy lifestyle.

“I found many of my clients couldn’t reach their physical fitness and nutrition goals because of their life issues,” says Elizabeth. “I became a life coach to help people get on the right path toward wellness and disease prevention, but now clients are coming to me for so much more.”

Interestingly, Elizabeth’s prior experience as a cancer researcher, assistant professor and PhD provided many opportunities to mentor both peers and students with regard to their careers and professional development. Life coaching has been a natural fit for her.



“What drives me is a desire to help people,” says Elizabeth. “It makes me so happy when I can see my clients making changes in their life. I encourage my clients to be the best they can be and reach their full potential and enjoy the process. When people make a commitment to change, to be better than they were yesterday, I help them to get closer to reaching their goals.”

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Elizabeth Borge

CUTV News Radio will feature Elizabeth Borge in an interview with Doug Llewelyn on September 27th at 1pm EDT and with Jim Masters on October 4th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on *Dancer for Life*, visit Beth's site.

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